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A

PRACTICAL TREATISE

ON THE

BENEFICIAL EFFECTS

OF THE

GRATIOLA OFFICINALIS,

IN

NERVOUS AND ORGANIC DISEASES OF THE LUNGS;

AS

Consumption, Asthma, Constitutional Cough, &c.

WITH DIRECTIONS FOR ITS EXHIBITION,

AND

ADVICE ON THE SUBJECTS

OF

DIET, AIR, CLOTHING, &c.

IN THESE DISEASES.

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PREFACE.

THE object of the present pamphlet is to introduce to the attention of the profession, as well as the public, a new and valuable remedy for the Diseases of the Lungs, particularly the three most common and formidable species in this country, Pulmonary Consumption, Asthma, and Winter Cough. The Author, as Physician to a Dispensary, expressly instituted for the treatment of these complaints, under the patronage of his Royal Highness the Prince Regent, and supported by some of the

first characters in the metropolis as subscribers, has had the fullest opportunity of appreciating its valuable powers, and putting it to the real test of experience and actual practice. This is an opportunity which no other physician can boast, as pulmonary complaints are excluded from the Hospitals, and their attendance at the common Dispensary is only casual. The facts, therefore, now brought forward are derived from experiments, on a more extended scale than common.

The present publication is, at the same time, meant only to impart that information which the Medical Guide does not contain. That work being in the hands of most families, the Author considers it a duty he owes to the public, for their liberal patronage of his work, to impart whatever new fact occurs in medicine, which may be

beneficial to the interests of society. In doing this, he disclaims all mystery, and wishes to stand on the real principles of philanthropy and science. He has accordingly not entered, in this small tract, into any of the parts of the subject which will be found at length in his Medical Guide, such as the symptoms, causes, and detailed treatment of the diseases, but confined himself solely to the present valuable discovery for pulmonary cases.

In 1803, the Author first established the *Chemical* and *Medical Hall**, for the purpose of giving the public the advantage of purchasing medicines of the most

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* This Institution, first opened in Henrietta-Street, Covent-Garden, is removed to more extensive premises, and a more centrical situation, 171, Piccadilly,

genuine quality, and free from all danger of sophistication. This institution formed part of the plan which directed the Author's views in practice. His wish was to extend the knowledge of popular medicine in this country among all classes, and render mankind, as far as possible, capable of treating themselves, in most of the diseases which occur. With this view he published his Medical Guide, which has been gradually enlarged, and rendered more useful in every succeeding edition, to meet the liberal patronage and approbation it has experienced from all ranks. In his own practice, as he could not depend always on the

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opposite Bond-street, where the Author attends every Monday, Wednesday, and Friday, from eleven to twelve o'clock, to give advice to indigent consumptive patients gratuitously.

quality of the medicine he prescribed, he found it necessary, for his success and reputation, to form an establishment of his own. This establishment, from the period of its being first opened, has given general satisfaction; and he can, with the fullest truth, say, that no complaint has ever been made to him of any article purchased there. This explanation is necessary to the public for the appearance it may carry with it, of a physician being connected with a pharmaceutical concern, and dispensing his own medicines. But the necessity which he found called for so long ago in his own case, is now considered equally requisite by many others; and several physicians of the first respectability in Edinburgh, and a few in London, have followed the example he has set, in having their medicines compounded under their own eye. So long, therefore, as this essential improvement

in practice meets the public approbation, it shall be his study to extend the establishment, regarding it as a sacred engagement on his part, that the public shall be supplied with the choicest and most genuine drugs, and that the views of the Medical Guide shall be fully accomplished, in enabling every man to assist himself in what regards his health and the treatment of disease. It is clear, independent of this, it is of great consequence to the reputation of a physician, that the articles he prescribes should be of the best quality, and to the effects of which he can with confidence trust.

The Author further begs leave to state, that he has, on all occasions, avoided professional concealment, that he has made it a constant rule with candour to impart his mite of information, and never to clothe

himself in the garb of mystery or concealment. With these principles in view, the present pamphlet is ushered to public notice, and with a sincere wish that it may be the means of giving relief in the formidable diseases, in which he has found it so highly beneficial.

No. 8, Bolton-Row,
Piccadilly.

A

PRACTICAL TREATISE,

&c. &c. &c.

OF THE GRATIOLA OFFICINALIS.

THE progress of medical science in this country certainly far exceeds what can be boasted of on the continent, yet this perhaps regards only the view of medicine as a science rather than as a practical art, the offspring of experience. It is evident, that the continental practitioners, though inferior in principles, are more attentive to the action of remedies, and to the lessons drawn from the beaten path of observation. The improved science of this country has taught us to scoff at the use of inferior agents, and boldly to seize on those Herculean powers which chemistry affords.

There are, indeed, cases where such proceeding is highly proper, but in two-thirds of the diseases which afflict mankind, nature points out the application of vegetable remedies as more congenial to the human frame, and more suited to assimilate with the principles of the animal structure. But though the preference is thus due for the most part to vegetable remedies, I would by no means carry it so far as to conceive that time should be lost in the application of trifling and inert substances. Every vegetable production employed in medicine should possess sensible or active powers, suited to the circumstances of disease for which it is prescribed. The attention of the German physicians to the use of vegetable remedies is well known, and their accounts, though not always confirmed by the experience of this country, are worthy of practical regard. Since the introduction of the gout remedy into this country, I was induced to pay particular attention to its effects in that disease, with a view to ascertain whether its operation was to be attributed entirely to vegetable composition, and if so, whether the same

composition thus detected might not be extended to other diseases equally formidable as the gout. With this apology, I beg leave to introduce to public and professional attention the following article.

The *Gratiola Officinalis*, which, from its supposed valuable and active virtues, has been so named, as conferred by the special *Gratia Dei*, or favour of heaven. The Gratiola or Hedge Hyssop is a low plant with finely serrated leaves, set in pairs on the stalks, with pedicles; the flowers are whitish, joined, and surrounded with fibres. It is perennial, a native of the south of Europe, and is by some cultivated in gardens. In this country it is known by the name of the Hedge Hyssop.

As a medicine this plant has been employed by the lower class of people from its emetic and aperient properties; but it does not appear to have been ever prescribed by the medical profession in this country. On the continent it seems to have been held by some respectable practitioners in great estimation; Gesner and Bergius both pre-

scribed it, and it is also mentioned by Chomel and Hartman. By all these writers it is considered as an active remedy for allaying morbid irritation, and Cramer had a high opinion of its virtues; considering it equal in every respect to ipecacuan, and he has found its root equally useful in dysentery. These facts show it is possessed of highly active qualities, and the same substance which, in a large dose, produced such effects, in a small quantity has been found to shew an operation entirely the reverse, by powerfully allaying morbid irritation. It has accordingly been the late subject of a dissertation by Dr. James Kostrzewki, of Warsaw, who has offered some remarkable instances of its powerful influence in soothing and suspending irritation. This effect of it, however, has been particularly displayed and confirmed in this country, by the use of the Eau Medicinale of Husson, which is proved to be nothing else than a *saturated infusion* of the plant in *Rhenish wine*. The proofs of this are offered to the public by Dr. Perkins, of Coventry, in a dissertation on the subject, contained in the December num-

ber for 1812, of the New Medical and Physical Journal.

"In France," he observes, "during my residence at Schwalbach, I contracted an intimacy with the Count of Leiningen, a person of extensive reading, as well as a munificent patron of the sciences, and considerably versed in the literature of our country, to which he professed a deep attachment. This gentleman had also been a martyr to gout in early life; and I found upon conversation with him, that he owed his exemption for several years from this tormentor to the use of the Eau Medicinale. He was a resolute free liver, and well versed in the mysteries both of Venus and Bacchus. Upon questioning him one day with regard to the composition of this remedy, he replied, that he had among his papers the recipe for its preparation, of which he would give me leave to make a transcript, adding, that it had cost him five hundred ducats, but that I should be at liberty to make it public, if I ever returned to my native country, as he wished this simple medicine to be divulged among

a nation, so many of whom were sufferers from this painful and hitherto incurable malady. He requested me, however, to say nothing on this subject during my residence on the continent, since he did not consider himself, from some private engagements, at liberty to make it public in France or in Germany.

"The above-mentioned nobleman did not entertain that opinion, which has become prevalent in this kingdom, namely, that his remedy would only produce a temporary state of quietude, and that the disease would hereafter return with equal, if not increased, impetuosity. He regarded this vinous tincture of the Gratiola as capable of effecting an *absolute cure;* and, perhaps, if this permanent relief do not appear to have followed the use of the Eau Medicinale in this country, but, on the contrary, the gouty attacks appear to be merely temporarily dissipated, may not an ample explanation of this phænomenon be found in the difference of our grosser animal food, and the more inebriating and ultimately enfeebling quality of our wines?

It may not be amiss to remark, that the habitual diet of this gentleman consisted of soups and light animal food, and that his indulgence was in Champaigne, the only wine, except Old Hock, which he ever drank, during the period of the three subsequent years of our intimacy.

" Before I proceed further with this subject, I shall state his formula for the composition of the Eau Medicinale; as I took it from his own words.

R. Herbæ gratiolæ officinalis siccatæ unciam
Radicis ejusdem Herbæ semunciam incisæ; et contusæ adde.
Vini Hispanici uncias sedecim.
Digere leni calore per dies octo, et filtra.

" Of this vinous tincture, a tea-spoonful was to be taken at bed-time, drinking after it half a pint of beef tea; and if after the lapse of twenty-four hours, all pain had not vanished, half a tea-spoonful more of the

Gratiola wine was to be taken in a similar manner.

"A tea-spoonful is at all times a very undefined measure, and liable to variation with fashion, but I conceive five-and-forty drops to be about the dose here intended to begin with.

"From some trials I made with this preparation, I found it operate as a smart purgative, generally attended with perspiration; but my opportunities of trying it in private practice, in a country where gout is much less frequent than in England, and where its concomitant and sister malady stone is almost unknown, were too scanty to enable me to speak with much decision upon the positive *cure* of gout by its use. I must here also remark, that in the above given formula, no saffron, nor other colouring matter, being introduced, this tincture will be found of a paler hue than those samples of the Eau Medicinalis which I have seen in this country. In corroboration of my persuasion, that in the Gratiola the basis of that foreign remedy is

discovered, I must observe, that this has been used pretty freely by the German physicians as a cathartic evacuant in hydropical cases; and that in France it has been used as a common remedy in rheumatism and gout."

From this view it appears, in producing its effect of allaying irritation in gout and rheumatism, it was done without disturbing the system, or producing these effects on the general health, which attend the use of opium and other narcotics. A strong instance of this is evinced in the well-known case of Sir Joseph Banks. This distinguished character, a martyr to the gout, ever since the introduction of the Eau Medicinale into this country, has been in the daily habit of using it, the constant effect of which is effectually to allay the irritative inflammation, and procure refreshing rest, which it does without disordering the stomach or bowels. Another proof of the same fact occurs in dysentery and colliquative diarrhœa, for in these cases it does not aggravate, but on the contrary, quiets the diseased action, which it effects

by allaying morbid irritation of the intestines, so that its quieting powers do not depend on its cathartic and emetic properties, as erroneously supposed by some physicians. From these facts, and having myself witnessed the very striking circumstance of its allaying morbid irritation, was strongly induced to give the herb a trial in diseases of the lungs, with the flattering hopes that it would display the same sensible influence in parts of vital importance, whose functions were so essential to the health of the system. In this expectation I was not disappointed, on the contrary, it far exceeded my most sanguine expectations, and in consequence of the happy result which has followed its use in my own practice, I consider it my duty to give it every publicity, and strongly to urge its adoption with others.

Every experienced practitioner well knows that morbid irritation is the forerunner of organic mischief or diseased structure. If the nerves of any part be in a state of increased irritation, whether that irritation be connected with plenitude or

debility, the regular mutation of the parts will sooner or later be interrupted, and organic derangement must be the unavoidable consequence.

In a part so essential to life as the lungs, to allay morbid irritation or inordinate action, is a first and leading object. Of this practitioners are sufficiently aware, and accordingly opium, cicuta, hyosciamus, and other narcotics, are with some, favourite articles of prescription. The secondary effects however of these anodyne medicines, particularly of opium, more than counterbalance their immediate operation in procuring rest and suspending cough. Indeed, the disturbance of the general health that uniformly follows their exhibition, has induced some physicians to abandon their use entirely in pulmonary consumption and asthma. The Gratiola is equally competent as these powerful narcotics, to subdue morbid irritation of the lungs, without checking expectoration or doing any injury to the system.

The preparation of the herb I have prefer-

red in my own practice, is the oxymel, which may be given in the quantity of a dessert spoonful two or three times a day; but in the use of this medicine the rule for its success is to increase the dose gradually, so as to produce a slight degree of nausea at the stomach, or gently to affect the bowels. The dose is then to be continued as near to this quantity as possible, without exciting nausea or purging, which is only necessary in commencing the course. It is, however, impossible to determine, à priori, the exact dose which will have this effect, as its powers will be different on different constitutions; and though in most cases where I have employed it, a dessert spoonful has proved sufficient, this will not be universal, and must be regulated according to its effects on the stomach or intestines. If a table-spoonful of the oxymel do not succeed in this respect, ten grains of the powdered herb, or five of the extract, may be taken with it, which will be found to act either on the stomach or intestines, after which the dose of a table-spoonful two or three times a day will be sufficient.

As we find that, in order to the successful operation of mercury in some diseases, it must be introduced into the system so as to affect the gums to a certain degree, so in the use of the Gratiola, it must always be exhibited in the first instance so as to nauseate the stomach or to produce an aperient effect on the bowels, and then kept as near to this dose, without producing any further unpleasant effect. Indeed the great secret for the success of any remedy is to know the exact length to which it should be carried, and this will vary as to quantity in different constitutions. This is particularly necessary with vegetable substances, the general effects of which are more fleeting than those of mineral remedies, and therefore they require that the exact length to which they are carried should be more strictly attended to. It is from ignorance or want of regard to this important point, that has occasioned so many failures in the success of vegetable remedies, and also the opposite conclusions drawn from practice by different authors.

Having thus stated the peculiar proper-

ties of the Gratiola, and the mode of using it, which experience has confirmed, as most successful, I shall consider its particular application to the three principal forms of pulmonary disease, in which I have employed it, with the most decided advantage, viz. :——*Pulmonary Consumption*, *Asthma*, and *Constitutional Cough*. The first and most important of which is

PULMONARY CONSUMPTION.

The emaciation of body which attends a diseased state of the lungs, is of two kinds, the one the consequence of organic mischief in the cellular substance of the lungs, the other the effect of morbid irritation in the mucous membrane lining the bronchial vessels. These two different species I have distinguished in my Medical Guide, by the terms of *organic* and *membranous* consumption. In the former, the system displays general increased heat, a quickened circulation, and consequently a super-oxygenated state of the blood, while in the

latter, particularly in its advanced stage, when the mischief is extended to the *Rete Malpighi*, there is evidently a deficiency of oxygen in the blood. The former species is therefore marked by augmented heat, and a florid complexion, while the latter betrays both a paleness of countenance, and great diminution of heat in the extremities. The former is the effect of that tender or delicate structure of the absorbent system which constitutes scrofula; the other is simply from morbid irritation or increased irritability of the membrane which lines the air vessels. The lungs are distinguished by a double circulation, and are therefore highly vascular. The one kind of circulation, is for the purpose of attracting the vital principle, known by the name of oxygen, from the atmosphere, which is again returned by the veins to the heart, and by it propelled through the arterial system, for the purpose of producing heat. The second species is that circulation which belongs to the lungs, in common with other parts, and is necessary for their nourishment, being supplied by

the bronchial arteries, which are very small in proportion to the bulk of the organ. Their nerves are also small when compared with their size. From these facts, which their anatomical structure discovers, it may be inferred that the vitality of the lungs, notwithstanding their vascularity, is not so high as that of other parts, which is no doubt provided for by nature to prevent the mischief which the constant motion in which they are kept by respiration, the rapid circulation through the pulmonary vessels, and the action of the atmosphere on their great internal surface, would be very likely to produce, were they as irritable as other parts of the body. Hence the diminished vitality of the lungs may be considered as their protection in a certain degree; but on the other hand, to this circumstance of safety may be offered the more obstinate and tedious process of regeneration, when morbid structure or organic destruction takes place in them, in consequence of their possessing in so slight a degree the power of mutation, or the exertion of the healing powers and vascular

energy in the same proportion as other parts. But in spite of these disadvantages we find that recent injuries of these parts from puncture or even a bullet terminate favourably, which would have proved fatal had they been received in the liver or intestines, which shews that neither their constant motion nor diminished vitality are obstacles to the repairing of partial injury, unconnected with constitutional faults. The chemical process carried on in this organ of the attraction of oxygen from the air by the blood, is no doubt unfavorable to the healing of ulceration, yet it does not appear there is any increased heat of the lungs, or higher degree of temperature in consequence of this office.

In examining the lungs of those who have fallen a sacrifice to consumption, the left lung is generally found more subject to disease than the right one, probably from the pulmonary artery being shorter than that of the right lung, by which the blood is thrown into it with greater force, and the lung also being less in size than the right one it is more liable to disease.

The mortality in Britain from this formidable disease, though great, has certainly been much over-rated. No satisfactory conclusion can be drawn from the bills of mortality, for the reports not being made by professional persons, every case of emaciation is arranged as consumption, though the atrophy of body may have proceeded from a very different cause. It would be of great consequence, that instead of being committed to ignorant persons under the name of Searchers, this important task were assigned to those who were competent to determine the nature of the disease, by which means a just estimate might be formed of the mortality from different diseases, and their relative importance established. In most cases, this could only be done by the medical man who attended the diseased to the termination of the malady.

TREATMENT OF PULMONARY CONSUMPTION.

To allay the morbid irritation, attendant on the diseased part, the oxymel of Gratiola is to be taken as directed in p. 24. Should the natural strength of the constitution not be materially reduced by the progress of the disease, the oxymel may be taken in barley water; but if the body be emaciated, and the frame much weakened by the ravages of the malady, the best vehicle for its exhibition is the decoction of Iceland moss. In the first stage of the disease there prevails evidently a fullness of the sanguiferous system, as marked by the symptoms of oppression and acute pains in the chest, and affection of the head, particularly giddiness immediately after a fit of coughing. In those cases where plenitude of the vessels of the chest and head, is thus strongly pointed out, the loss of blood will be highly serviceable. The quantity to be extracted must be suited, however, to the strength and habit of the patient, and the loss will only be proper in the

stage of the malady. The state of the surface of body is the next object of attention, as forming the medium or outlet for regulating its temperature, and accordingly perspiration in the first stage should be promoted, in order to produce a conducting surface, by which means the accumulated heat will be conveyed from the system. To these general means for quieting it may be added, that of producing local irritation in the neighbouring or a distant part. This is to be done on the surface. This irritation should be considerable, for in the human structure, we find it a general principle that it is only by greater degrees of irritation that morbid irritation is counteracted. I would, therefore, recommend that a Burgundy pitch plaster, with a small proportion of euphorbium powder, be applied betwixt the shoulders. This practice should be joined with a strict regulation of diet, which in the first stage of the complaint should be very low and abstemious, in order to retard as much as possible the circulation through the lungs, and also that a less quantity of oxygen may be supplied to the system as

the principle of increased action and animation.

But when, in the present disease, the strength has materially suffered, and the first stage of the malady is past*, then a different plan must be adopted, so far at least as respects the regulation of diet, and the nourishment thrown in to supply the exhausting waste from the pulmonary disease. Animal food in this stage of the disease is

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* In my new system of medicine I have divided disease into two stages, viz.: super-irritative and sub-irritative, the former attended with plethora, and the latter with debility and relaxation. Some disease will only occur or exist in a plethoric system, and when it has produced an opposite state, will terminate, which is termed its spontaneous termination. When local disease disturbs the mutation of the part, and occasions morbid structure as in pulmonary consumption, it will exist after the plethoric state of system is removed; hence consumption of the lungs has two stages, the super-irritative and sub-irritative; our mode of treatment must therefore be aecordingly adapted to the state of the body, which I have particularly pointed out in my Medical Guide. In the sub-irritative stage of consumption, we must employ a medicine capable of allaying irritation with a greater degree of caution than in the super-irritative stage.

absolutely necessary, which should be taken in a state of easy digestion. It should be therefore done as little as possible, or not that degree of heat given it which renders the fibres tough and insoluble, and in making a choice the younger kinds, as veal and lamb, should be preferred. Particular shell fish have been also recommended, as oysters, which contain much nourishment in small bulk, and the liquor with which they are surrounded tends to whet the appetite and promote their digestion.

From the seat of this disease it must naturally be more affected by the influence of the atmosphere than any other cause, but it is not so much its degree of temperature as its vicissitudes that are to be dreaded. A steady atmosphere occasions no aggravation of symptoms, but a great succession of changes is sure to increase the mischief, and urge on the progress of the disease.

As however it is impossible with most patients to avoid an exposure to changes, so it is with much satisfaction I am enabled to re-

commend the Gratiola, as a sufficient remedy to counteract the increased morbid irritation arising from atmospheric changes, and consequently to give a disposition for a healthy mutation of the part. Besides the means now pointed out, the aid of auxiliary remedies is not to be neglected in a malady so dangerous to mankind as this, and especially those which are connected with diet. On this subject I have been explicit in another publication, my Medical Guide, to which I refer. At the same time I may here observe, that the lichen cocoa, recommended in that work, being found to sit heavy on some stomachs, and being thought also unpleasant to the taste, these objections I have found removed by depriving it of its glutinous oil, and previously well drying it. By these means both its taste is improved, and it is rendered easier of digestion.

ASTHMA.

The next and a very important complaint in this country affecting the respiratory organs, is Asthma. The seat of

this disease is the air vessels of the lungs, their membrane being affected with a peculiar irritation, which, on the slightest aggravation, occasions a degree of permanent contraction preventing the passage of the air. This contraction is also communicated in consequence of sympathy to the expiratory muscles, by which the expansion of the chest is prevented, and a sense of suffocation produced most distressing and agonizing to the patient, who gasps every moment for breath during the continuance of the paroxysm.

In my Medical Guide I have stated the peculiar irritation of this disease to be of two kinds, under the terms of super and sub-irritation, connected with the different states of the system in which the disease occurs. In the former, it is marked by a plenitude or fulness in the vessels of the chest and lungs; in the latter, by every symptom of weakness and irritability. As spasmodic irritation is here evidently the leading symptom of the disease, the oxymel of Gratiola taken to the extent of one table-spoonful twice a-day, with the same quan-

tity of peppermint, will not fail to allay this morbid state, and is a remedy to be here employed, on just and rational principles, as quieting the circulation, whether the spasm is accompanied with a fulness of vessels or otherwise.

In all asthmatic diseases the state of the stomach claims particular attention, as aggravating or moderating the symptoms. The process of digestion, if weak and interrupted by flatulence, occasions such distension of this organ, as to press on the lungs, thereby to render the oppression more distressing. To prevent this taking place, and that the stomach may not be distended by flatus, the Gratiola may be combined with some aromatic, as the seed of the caraway or anise, a form which I have in such cases preferred. But in order still more effectually to subdue the permanent spasm or obstinate muscular contraction, which marks this disease, and affects the membrane of the air vessels, and expiratory muscle, the use of the oxymel may be assisted by inhaling towards evening an anodyne vapour, acting on the same anti-

spasmodic principle. In doing this, the anodyne herb employed should be damp, for if dry its anodyne properties will be destroyed by the process of ignition; and it should also be inhaled not too hot, otherwise it will aggravate the symptoms. In order therefore to keep up a sufficient degree of fire, a large bodied pipe should be selected, for the damp herb will not burn in a small one, or be sufficiently ignited. The anodyne I have found to answer this purpose best, is a mixture of the Gratiola, Cicuta, and Hops; this combination uniting the anodyne, aromatic and bitter principles, I have found highly beneficial.

With this view the Datura Stramonium has also been extensively employed, but its powers as a narcotic are too strong, and while it relieves the complaint it produces too often a disturbance of the nervous system, as to counter-balance the advantages of its salutary or specific operation on the disease. In consequence of these disagreeable effects of the Stramonium, a combination was formed a consider-

able time ago, by Surgeon Fisher, under the title of Prepared Stramonium, by which these secondary effects are in some degree obviated. The diet of asthmatic patients should be particularly studied, and ought to be chiefly of a mild aromatic nature. Without this necessary quality, it is apt to ferment in the stomach, and to produce flatulence and acidity. To avoid which the best article for breakfast and supper is the Sassafras Cocoa, and if this be found unpleasant to the palate an equal part of the lichen cocoa may be joined with it, by which addition it will be rendered more nutritious and agreeable to the taste.

CONSTITUTIONAL COUGH.

As morbid irritation of the membrane of the air vessels is the cause of asthma, so increased irritation of the mucous glands of the wind pipe and bronchial capillaries, is the cause of winter cough.

Cold air acting on the body, by occasioning a determination to the lungs, is

generally the exciting cause of this disease. Hence, from its extreme prevalence in winter it is termed Winter Cough, though it is common at all periods of the year, and may be produced by extremes of heat acting immediately on the seat of the disease as well as cold. It is by some termed the Humid Asthma, from the quantity of expectoration. As the irritation is here very great, and from the disturbed mutation the consequence of it, organic mischief may arise, it is of great importance to the safety of the patient that this excess of morbid irritation should be allayed as speedily as possible. To accomplish this, no better treatment can be recommended than that enjoined for the first stage of pulmonary consumption.

THE END.

J. G. BARNARD, SKINNER-STREET, LONDON.